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June 2013

## Creative writing

Local author pens children's book



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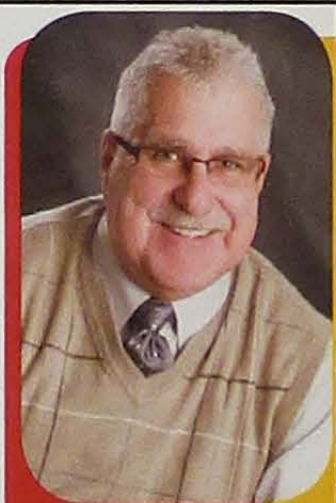
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# Facets

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2. The particular angle from which something is considered.

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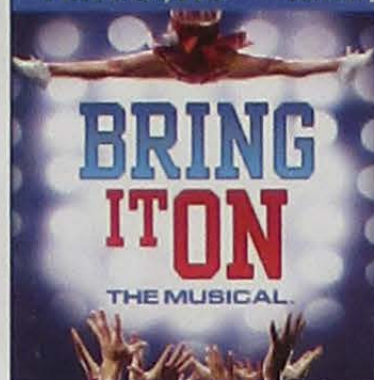
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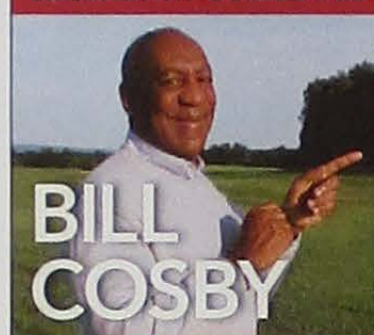


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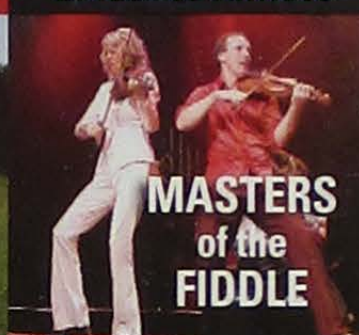
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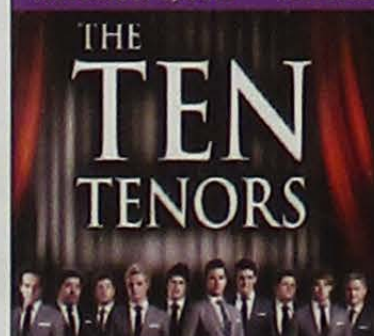
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# Overcoming a bad case of writer's block

Call it my worst case of writer's block. Maybe it was because the jobs I have held over the past two and a half years since leaving daily journalism involved other people telling me what words to say over the phone and write in emails.

Maybe it was because after almost 10 years of writing at least one newspaper article a day, I hadn't conducted an interview or composed a story in more than a year and a half.

I found myself a little embarrassed, even ashamed, a couple of months ago as I struggled to string together a few coherent questions for an article I wrote for Facets.

Writing the story, which at one time I could do in my sleep, didn't come much easier.

How could I labor so hard over something I once did every day? I was starting to appreciate the simplicity of the phone scripts and telephone techniques I had loathed and resisted, but come to accept.

It's not that my recent jobs have been mindless. There's a certain skill and even creativity that comes with being the "person on the phone" with whom most of us prefer to speak when we contact a business. I'm fortunate now to work for a company that values personalizing your approach.

After my initial anxiety over my Facets interview, I started thinking, which after my lethargic hiatus was a dangerous task.

There's a saying out there about the need to exercise your brain. Like my muscles after a good workout, my brain was a little sore after so much independent thinking.

With a few stretches, though, my brain is regaining its flexibility. I've found new ways to be more creative in my everyday work, and even the ease of writing is returning to me.

Just maybe it will help me overcome another case of writer's block. ♦



JENNIFER MEYER

"There's a saying out there about the need to exercise your brain. Like my muscles after a good workout, my brain was a little sore after so much independent thinking."

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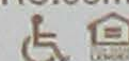
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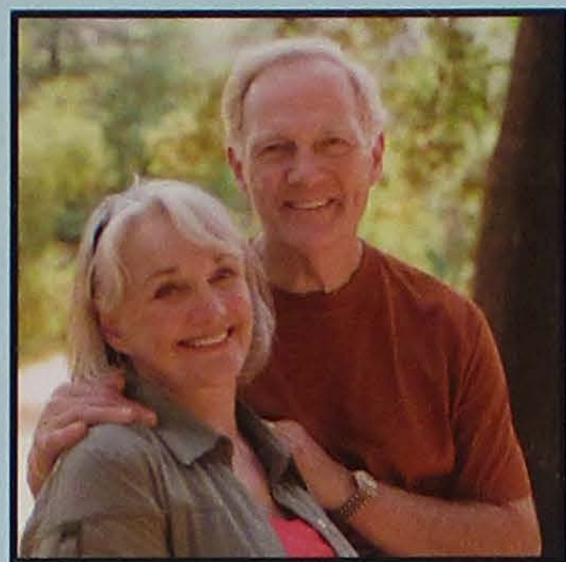
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# Creative writing

## Local author pens children's book

BY ROSE ELSBECKER

**S**arvinder Naberhaus dreamed as a child of the stories she read from books while perched in trees.

She moved from Punjab, India, when she was almost 4 years old when her father earned a scholarship at Iowa State University, where he later taught anatomy.

The only item she still has from India is a favorite fairytale, "The Lambikin," which her mother told to Naberhaus over and over again, along with unwritten stories passed from generation to generation.

A gray-haired woman gave Naberhaus her first children's book written in English, "Chester the Pony," when she was 5. Naberhaus read the book until it was tattered.

"How I loved that book," she said. "I recently bought myself a copy from eBay."

Naberhaus, of Ames, continues to love children's books, though her three children are now young adults. Daniel is 21, Joel, 19, and Nikole, 14.

Naberhaus' first children's picture book, "Boom, Boom," will be available in fall 2014.

A joke inspired a story she wrote about a pink gorilla during her first college English class in 2004. The professor read the imaginative story to her children and he shared with the class how much the children enjoyed the tale.

Naberhaus' mother suggested going into children's writing. Though secretly she really liked the idea of sharing with others the joy authors brought her as a child, she went on to earn her degree in education from ISU in 1986.

Naberhaus always knew she wanted to be a teacher, ever since she taught her 3-year-old brother how to read. She also taught him math skills, and "much to his dismay," she said, she would test him often.

Her writing is inspired by the students

with whom she works as a substitute teacher.

"I love being back in the classroom around kids again," Naberhaus said. "They energize me. They also let me test out new stories and give me great feedback."

For her new book, "Boom, Boom," Naberhaus looked for a new approach to writing about her love of the four seasons.

Naberhaus met an editor from Simon and Schuster publishing company at a local chapter meeting of the Society of Children's book Writers and Illustrators, or SCBWI.

To learn more about SCBWI, you can go to their website at [www.scbwi-iowa.org](http://www.scbwi-iowa.org). To find out more about the Ames chapter and where to attend upcoming meetings, you may email Sarvinder Naberhaus at [ncames@scbwi-iowa.org](mailto:ncames@scbwi-iowa.org). To learn more about author Naberhaus and her work, visit her website at [www.Sarvinder.com](http://www.Sarvinder.com).

"Every time I am around our Ames group, I get inspired," said Naberhaus, who is the network chair for the Ames chapter. "We bring out the creativity in each other, writers and illustrators alike. We support each other, dust each other off and pick each other up."

The editor she met at the conference later contacted her to offer a contract to publish her book.

"If it wasn't for SCBWI, I would not have met my editor and sold my book," she said. "It definitely connects you to the children's publishing world and gives you opportunities you wouldn't otherwise have."

Naberhaus has already fulfilled dreams of having a family and becoming a teacher. She also loves to sing and to dance.

Now the little girl who read in trees will also realize her dream of becoming a published author. ♦





By Amy  
Vinchattle/  
Facets

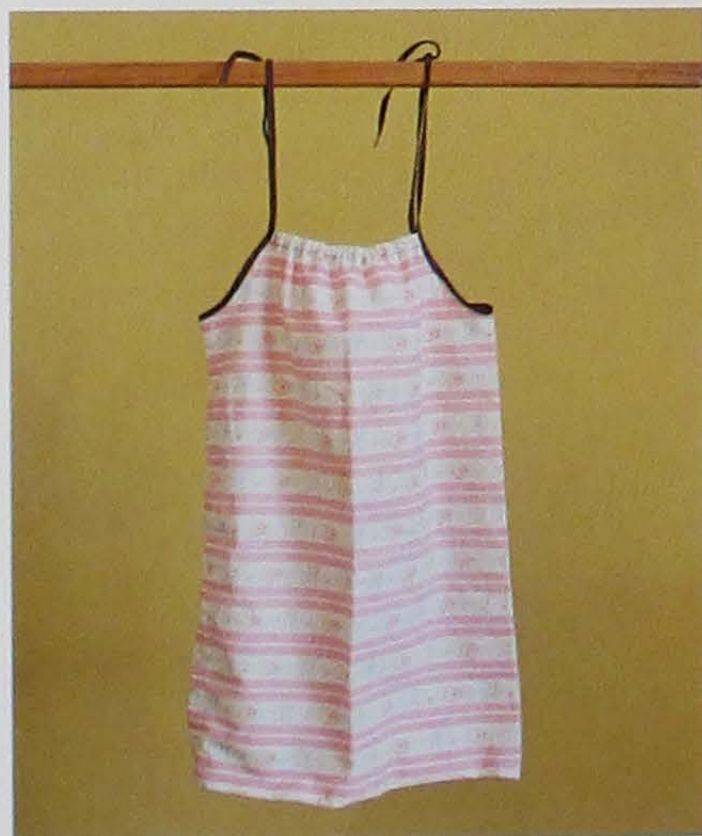
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By Amy Vinchattle/Facets

Iowa State University student Melanie Akers, left, and Brandon Baxter, of Ankeny, work together to fashion a child's dress for "Little Dresses for Africa" on April 13 at the Memorial Union in Ames.



By Amy Vinchattle/Facets

A dress made for "Little Dresses for Africa"

### 'LITTLE DRESSES FOR AFRICA' WORK WEEKEND

A "Little Dresses for Africa" work weekend event is scheduled from 1 to 4 p.m. Saturday and Sunday, July 20 and 21. Volunteers are needed to assist with making the dresses. From cutting fabric to ironing to sewing, there is a place for anyone who has an hour or two to spare. Supplies will be provided. New or gently used pillowcases and notions may be dropped off at the Workspace anytime during open hours. The Workspace is located at 2229 Lincoln Way on the ISU campus in Ames. For more information, call (515) 294-0970 or visit [www.littledressesforafrica.org](http://www.littledressesforafrica.org).



Photo courtesy of Letitia Kenemer

Girls wearing "Little Dresses for Africa" dresses



# 'Little dresses' a creative way to give back

BY JENNIFER MEYER  
FACETS EDITOR

**S**undresses made by Ames women using pillow cases colored with tie-dye or stitched with pockets, lace and bows are helping children in impoverished nations feel like pretty little girls.

Workshops hosted by the Workspace at the Iowa State University Memorial Union supply donated materials and space for volunteers to sew the lightweight cotton garments at events held twice each spring and fall, and once during the summer.

"Each is a special dress," Workspace coordinator Letitia Kenemer said. "For these people, it's not going to be the same T-shirt as everyone else is wearing."

The project is part of a multinational collaboration called "Little Dresses for Africa," which has produced more than 1.5 million dresses through the efforts of volunteers in the United States, United Kingdom, Canada, Mexico and Australia, according to its website.

The relief effort has also benefited children in Honduras, Guatemala, the Philippines, Cambodia, Mexico and Haiti.

The first couple of shipments from Ames went to women in African countries, Kenemer said.

Working with local missionary and other charitable organizations, Kenemer said more recent shipments were delivered to women and children in Central American countries, such as Panama, Nicaragua, Haiti and Mexico.

"They don't always go to Africa," she said, "But they're always going to kids in need of clothes."

Elizabeth Wilt-Cable, of Ames, said she read about the Workspace's contribution in a church flier more than a year ago.

"I was retired, and I was looking for a way to get back into sewing and give back to somebody," Wilt-Cable said.

She sews dresses from supplies others donate to her efforts. A regular pillow case

can cover a woman who wears a size eight or nine dress, while a king-size pillow case can dress two small children, she said.

"I always make sure they have a pocket," Wilt-Cable said of personalizing each dress. "Every little girl should have a pocket, even if it's just to put rocks she found."

Wilt-Cable has also been active with the dress project through seeking and coordinating local groups to deliver the dresses to countries they plan to visit.

After becoming involved, "I said to Letitia, 'Give me a couple months, and I will find someone who's going out (on missionary or relief projects),' " Wilt-Cable said.

The local volunteers "take the dresses and pack them in their suitcases, so we don't have to pay postage," she said, plus, "we have pictures so we know they're getting out there."

Kenemer said workshops and group contributions coordinated by the Workspace have produced more than 400 dresses.

"I just really like the idea of it and the potential," she said.

As few as eight to as many as 25 volunteers turn out for the workshops.

"It helps if people know how to sew," Kenemer said, but there are jobs for volunteers, "down to pinning and ironing and counting (the dresses) out."

There is no charge to participate and no registration is necessary.

In addition to participating in the workshops, people can contribute by dropping off pillow cases and sewing materials at the Workspace.

Neither Kenemer nor Wilt-Cable have yet seen first-hand the joy the dresses bring to the girls who receive them.

However, Wilt-Cable said, "The people who do go just talk about how excited (the girls) are and how much they love them."

Kenemer said thank-you letters are rare, but she trusts in the project.

"It's kind of OK to be anonymous sometimes," she said. ♦

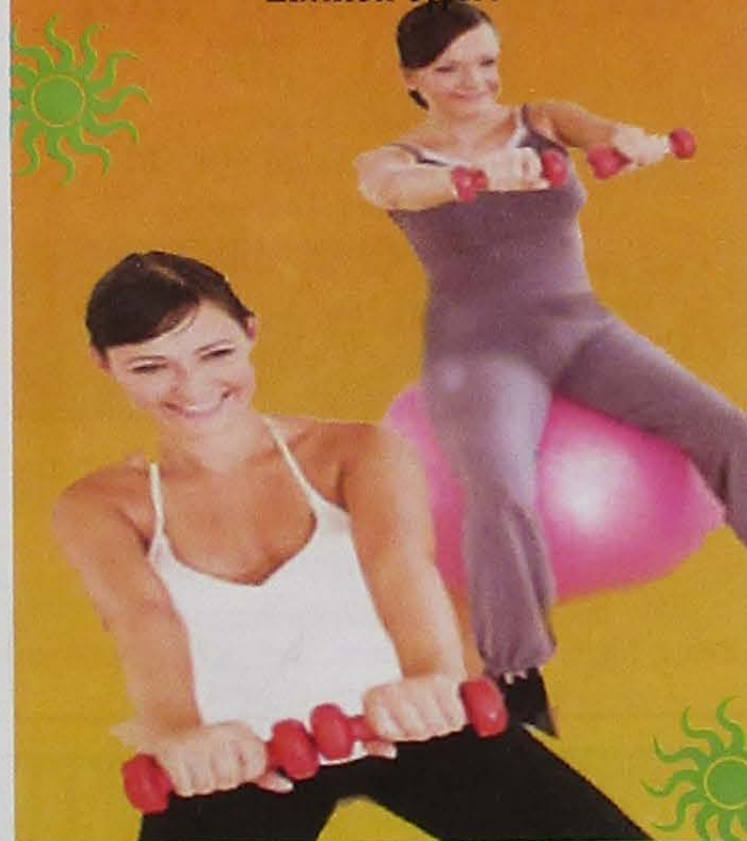
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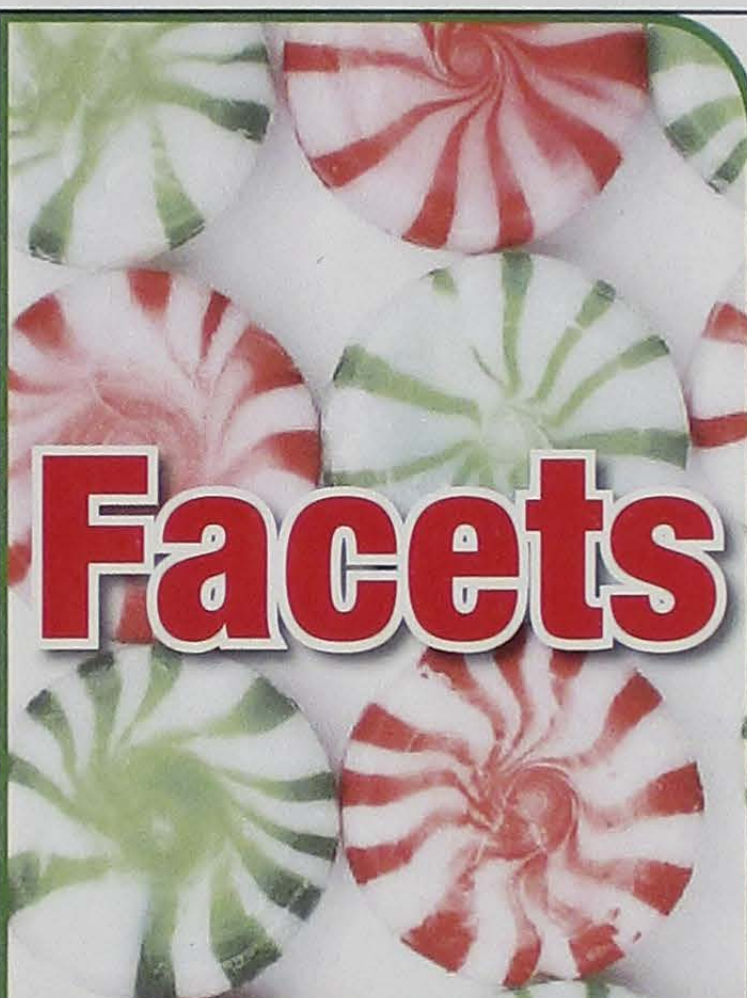
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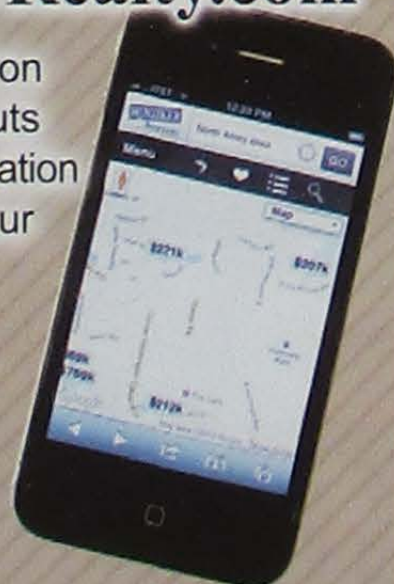
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Photo courtesy of Deb Satterfield

A work of art by John Satterfield.

# Artwork inspires research project

BY ROXANNE DASS

**I**nspiration can come from the most unlikely of places: a song, a sunrise, even in our darkest moments. For Deb Satterfield, interim chair of Graphic Design at Iowa State University, the inspiration for her research came when her young son began having severe seizures at 18 months old.

"From that point forward, he failed to develop language and was having hundreds of seizures a day," Satterfield said.

John received numerous misdiagnoses before doctors implanted a device in his chest to control the seizures and performed brain surgery. Fifteen years later, John is virtually seizure-free, but has severe autism and limited speech, Satterfield said.

During his later years of elementary school, teachers gave John a science project that involved creating a series of artwork.

"I figured, 'Hey, I'm an art teacher; this is something we can do,'" Satterfield said, re-

calling the project.

She set up paint, a paintbrush and art paper for John and left him to his work. When she looked at his finished product, she was impressed.

"He started painting, and I realized, he's not that bad," she said. "His 10 or 15 abstract paintings, compositionally speaking, were really good."

That's when Satterfield started to wonder, if you can't speak, can you still paint?

"I absolutely believed that if we gave people with severe mental cognitive disabilities instruction just like any other Iowa State student, they will respond," Satterfield said.

One of Satterfield's co-workers and friends in the Design School, Brenda Jones, was one of the first people to see John's artwork and watch Satterfield's research develop.

"After Deb realized the depth of her son's issues, she went full-blast in researching what was needed to make life as whole as possible for her son and others," said Jones. "Deb is an incredible human being and has become passionate about caring and giving without wanting or needing a thank-you for her service."



**DEB  
SATTERFIELD**



'He started painting, and I realized, he's not that bad. His 10 or 15 abstract paintings, compositionally speaking, were really good.'

— Deb Satterfield

Satterfield is a native of Fort Dodge and received her bachelor's degree from Morningside College. She received her master of fine arts degree from ISU and has taught at there since 2000.

John's artwork inspired Satterfield to create her research project, called In•Site. The program is designed for persons with cognitive disabilities and autism. Graduate students design educational experiences that children with cognitive disabilities can do with peers without the same challenges.

"We look at how to bring these two groups to the table at the same playing field," Satterfield said. "We try to bring them together in ways that are meaningful to both."

Satterfield saw in her son's paintings a unique artistic skill that had gone untapped for years.

"What if that was the same for other kids?" she said.

With funding from ISU, Satterfield and her graduate students are planning a pilot art workshop with ChildServe, Skips and Aspire. The research team will observe the children and how they handle protocols, such as letting someone know they are done or they want to do something else.

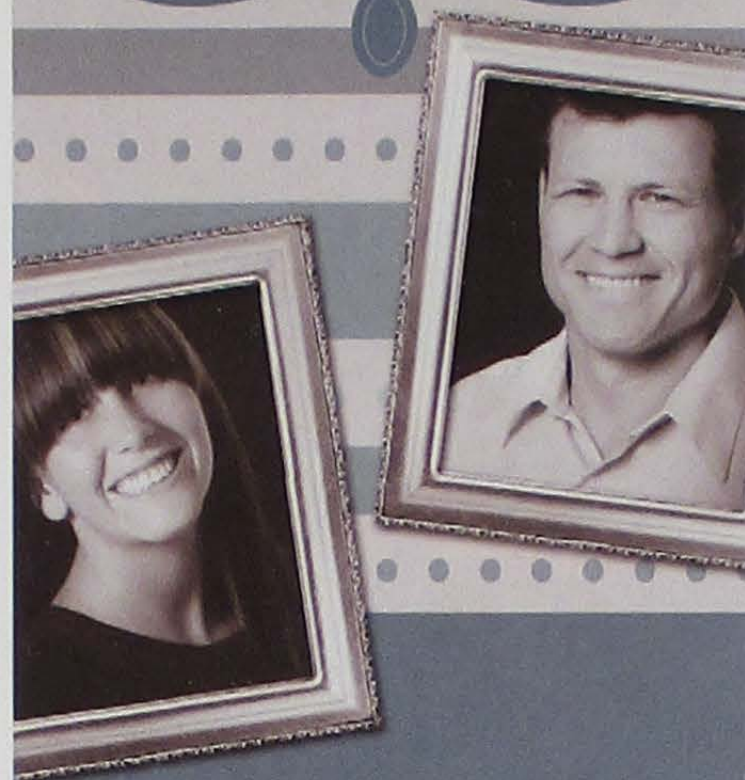
"There are similar programs across the country," Satterfield said, "not meant to be therapy, but to be enrichment programs and to improve quality of life. ... The study will revolve around communication." ♦



John Satterfield works on a painting.

Photo courtesy of Deb Satterfield

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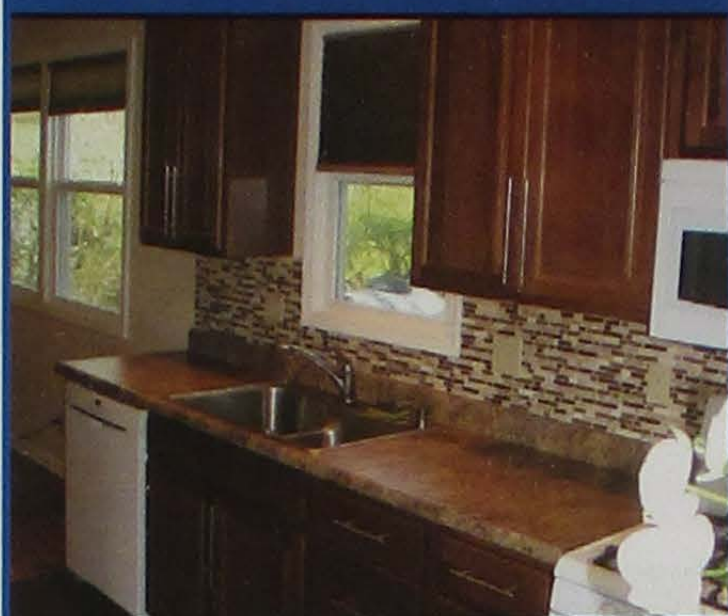
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I asked my educators, "Why would anyone want to put oil on their hair?"

The educators said clients seek a variety of new oils for shine and their ability to penetrate the hair shaft.

Apparently oil, the years-old enemy for many of us, is now our dear friend. Oil was something we wanted to rid from our hair, so we used drying products in the past (my past being the 1960s).

Even when our bodies created it, oil was the enemy because it made our hair look greasy, feel tacky and become weighed down.

New oils from almost every manufacturer of professional hair care products help control frizz, enhance shine and hydrate weightlessly, all while adding a nice fragrance. Some are silicon-free, so they can go into the hair shaft, as opposed to those with silicon which lie on the surface of the hair.

Oil products can also protect hair from damage from blow drying and hot tools, such as curling and flat irons.

The public started using them about five years ago. So why have I missed this trend in the beauty industry? It was one of those times when I thought I knew what the public wanted and, based on my history with oily hair in junior high, would never have used myself.

I was searching the Internet for more information about this oil trend and smelling a new oil line from a favorite manufacturer when I started to think maybe I should try this stuff. Naturally, the academy staff was ready to show me all about it.

More beauty trends and tips to keep you up-to-date:

## A NAIL TREND

Soon you will be able to get a real week-long gel-style manicure you can do at home or in the salon without the lamp. Natural light



**MARY CLARE  
LOKKEN**



By BananaStock/Thinkstock

**New hair oils can help control frizz, enhance shine and hydrate weightlessly, all while adding a nice fragrance.**

enhances its durability. It really lasts one week with the use of its top-coat system.

## DON'T TRY THIS AT HOME

It's almost summer and time to get waxed. From brows to Brazilians, this is not do-it-yourself waxing. A friend of a business partner attempted a bikini wax at home and found ripping off the wax was the only way to remove it. There are home kits available, but the process can be quite painful when not performed by professionals. ♦

*Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.*



# Eat your way to glowing skin

**R**each for nutritious foods — loaded with antioxidants, vitamins and minerals — to give your skin a healthy, youthful glow. Certain foods are naturally rich in nutrients that may help keep skin healthy and even fight signs of aging.



**AMY CLARK**

## 1 AVOCADOS

This creamy, green fruit is abundant in essential oils and B-complex vitamins that nourish skin inside and out. Niacin (vitamin B3) is especially important for healthy skin. As an anti-inflammatory, niacin soothes irritated, red and blotchy skin. Blend half an avocado with yogurt and frozen berries to make a creamy, nutty-flavored morning smoothie.

## 2 MANGOES

A serving of mango provides 25 percent of the daily requirement for vitamin A, making it a great healthy skin food. Vitamin A maintains and repairs skin cells, and a deficiency can result in a dry, flaky complexion. As an antioxidant, vitamin A also fights free radical damage that can prematurely age the skin. Also, with 110 calories per one-cup serving, this succulent fruit is the perfect pick for a healthy snack or side dish.

## 3 ALMONDS

Almonds are rich in oils that help moisturize dry skin. They also contain vitamin E, an antioxidant that may protect against damage and premature aging of facial tissue. Just one ounce of almonds provides 35 percent of the daily value of vitamin E. Simply enjoy almonds for a snack.

## 4 PEACHES

Peaches offer vitamin C, beta-carotene and antioxidants that work under the skin's surface to protect against damage from ultraviolet rays. As an added benefit, applying a facemask made from a blend of peaches and cream can help smooth away wrinkles and rebuild and refresh exhausted

complexions. Peaches are rich in alpha-hydroxy acid (AHA), a key nutrient added to many age-defying cosmetics. This special ingredient, along with natural organic acids and the mild abrasion of the chopped peach skin, will gently nourish, exfoliate and revitalize skin while unclogging pores and softening wrinkles.

## 5 WATERMELON

Watermelon, as well as ruby red grapefruit and tomatoes, is rich in lycopene. This powerful antioxidant acts as a natural sunscreen by protecting skin cells from the sun's burning rays, which can lead to premature aging and even skin cancer. In addition, lycopene helps skin act as a natural filter, allowing enough sunlight for the body to produce vitamin D. Lycopene can also help prevent wrinkles. It strengthens the elasticity of skin tissues while keeping them from losing their tension. To increase lycopene absorption from food, serve it with a bit of oil, such as salad dressing or olive oil.

## 6 SUNFLOWER SEEDS

Sunflower seeds are an excellent source of selenium. Studies have shown that when levels of the mineral selenium are high, consequences from sun damage, such as sunburn and skin cancer, seem to be low. Sprinkle sunflower seeds on your salad.

## 7 FLAXSEED OR CHIA SEED

These two seeds provide an excellent, plant-based source of omega-3 fatty acids. Omega-3 fatty acids strengthen the cell walls of skin, helping to keep them firm. It's a perfect time of year to add flaxseed or chia seed to smoothies or salads. ♦

*Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006.*

*Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. Reach her via email at 1013Dietitian@hy-vee.com.*

## SLATHER IT ON

You can do more than just eat healthy foods to nourish skin. Some make for great facial masks, too. Try these recipes:

### AVOCADO MASK

#### INGREDIENTS:

- 1 avocado
- 1 teaspoon flaxseed oil
- 1 teaspoon honey

#### DIRECTIONS:

Mash the avocado. Add the flaxseed oil and honey and mix together until smooth and creamy. Apply to face and let sit for 15 to 20 minutes. Rinse clean with warm water.

### PEACH AND HONEY MASK

#### INGREDIENTS:

- 1 large peach or nectarine, chopped
- 1 tablespoon honey
- 2 tablespoons yogurt

#### DIRECTIONS:

Mash the chopped peach and honey together; add yogurt. Pat evenly over face, neck and around the eyes. Lie back and relax for about 10 minutes. Rinse off with warm water, pat dry, tone and moisturize.

— Source: [www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com)

## MONTHLY RECIPE

### TANGY WATERMELON SALAD

Serves 8

#### INGREDIENTS:

- 4 cups cubed seedless watermelon
- 2 tablespoons olive oil
- 3 tablespoons lime juice
- 1 tablespoon red wine vinegar
- Salt and pepper, to taste
- 3/4 cup crumbled feta cheese
- 1/4 cup coarsely chopped fresh mint or parsley

#### DIRECTIONS:

Place watermelon cubes in large bowl. Whisk olive oil, lime juice and vinegar in small bowl and pour mixture over watermelon. Toss to coat. Add salt and pepper to taste. Gently stir in feta and mint or parsley. Serve salad immediately in watermelon wedge shell, if desired.

**Nutrition facts per serving:** 185 calories, 14 grams carbs, 5 grams protein, 13 grams fat, 1 gram fiber, 319 milligrams sodium.



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**W**hen I heard "go explore," I looked up to see a toddler checking out his surroundings. His mother watched this 1-year-old on the move, a smile on his face and without fear. He didn't know he could get hurt, get lost, encounter something scary or be in an uncontrollable situation.



**KAREN  
PETERSEN**

The financial decisions we make in life are like the little boy's explorations. From the first day we begin to make our own financial and personal decisions, we are exploring. We are moving on to what lies ahead in life.

Sometimes we hang on too tight, try to second-guess ourselves, agonize over every decision, and at times can't make a decision. Other times we have the confidence to make a careful decision and just enjoy the ride.

### LIFE EVENTS AND FINANCES

You begin your first year of college. Very soon you are taking your first job in a new city. You begin a new life as a couple. You hold your baby for the first time. You help move your child from home to college.

You continue to make decisions in life — until suddenly, it seems, you are selling your home and moving to a retirement community.

How we handle the changes in life, the time we move on from one phase of life to the next, determines our quality of life. As much as we would all like to make our own decisions about life changes, sometimes someone or something creates changes, and we are, it would seem, just along for the ride.

Even though I seriously believe life is more than money, I also know that all life choices have financial consequences. How we make those choices dictates the kind of life we live.

### THE ROLLER COASTER

In many ways, life is like a roller coaster. We all get on at the same place, and we all get off at the same place. We do get to choose how we make financial decisions, much like we get to choose how we ride



By iStockphoto/Thinkstock

In many ways, life is like a roller coaster. We all get on at the same place, and we all get off at the same place. We do get to choose how we make financial decisions, much like we get to choose how we ride a roller coaster.

a roller coaster. We can squeeze our eyes closed so we see nothing; hold on so tightly our knuckles are white; curse the person who decided to take us on the ride; or just count the seconds until the ride is over.

We can also choose to:

- Make practical, confident financial decisions.
- Enjoy the opportunity to create financial success.
- Share the responsibility for financial decisions and successes.
- Learn to enjoy every part of the ride.

Everyone rides life's roller coaster of financial choices. You can choose to dread or enjoy those decisions. Remember, we all get on and off at the same place.

Chose to enjoy the ride ... because life is more than money. ♦

*Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or [karen@mymorethanmoney.net](mailto:karen@mymorethanmoney.net).*



# Exercise your creativity

**A**mes Middle School teacher Kecia Fencil uses physical exercises to jog her eighth-grade students' mental activity.



**DEBRA ATKINSON**

Fencil finishes her personal exercise routine by 7 a.m. most days. The activity jump-starts her day, and she reasons it can help jolt the minds of groggy students as well.

"It is amazing how much more alert and engaged they are after doing just a few jumping jacks," Fencil said.

Her morning exercise also helps her cope calmly with stressors later in the day, she said.

Fencil sometimes hits the gym a second time at the end of the school day. The routine serves her creativity, focus and attitude, she said.

She may be onto something.

Thirty minutes of aerobic exercise improves a number of cognitive functions, including creativity. The Creativity Research Journal indicates those who are already physically fit reap the most benefit, while those who are less conditioned have to overcome fatigue before reaching creative inspiration.

Reduced stress is another mental benefit of physical exercise. Stress stifles creativity and fosters procrastination. Even individuals who exercise less frequently can have creative breakthroughs with breaks for physical activity.

The exercise prescription is related to aerobic exercise. The trick is to choose an intensity appropriate for your conditioning level, one that will help, not hinder, opening your cognitive gate.

Most research shows 30 min-



By iStockphoto/Thinkstock

utes of exercise can produce up to two hours of creative return from your effort. More intense exercise will have the greatest positive effect, so when the time is right, dial it up.

Ames business owner Kori Heuss said physical activity allows her to meet deadlines at her marketing business.

"Anything I do happens one step at a time, whether it is running a marathon or producing a marketing piece," Heuss said. "There is always a place to start and a final outcome. Exercise helps me remember that."

Heuss schedules personal exercise times and finds a physical exercise during a staff meeting can generate out-of-the-box ideas.

"Exercise makes me feel happier, and happier is always more efficient, more focused and more awesome," she said.

Photography studio owner Ngaire West-Johnson has a physical job toting camera gear and doing what it takes to get the shot. When West-Johnson started an exercise routine 18 years ago, it wasn't to fuel her creativity, but she enjoys the benefit.

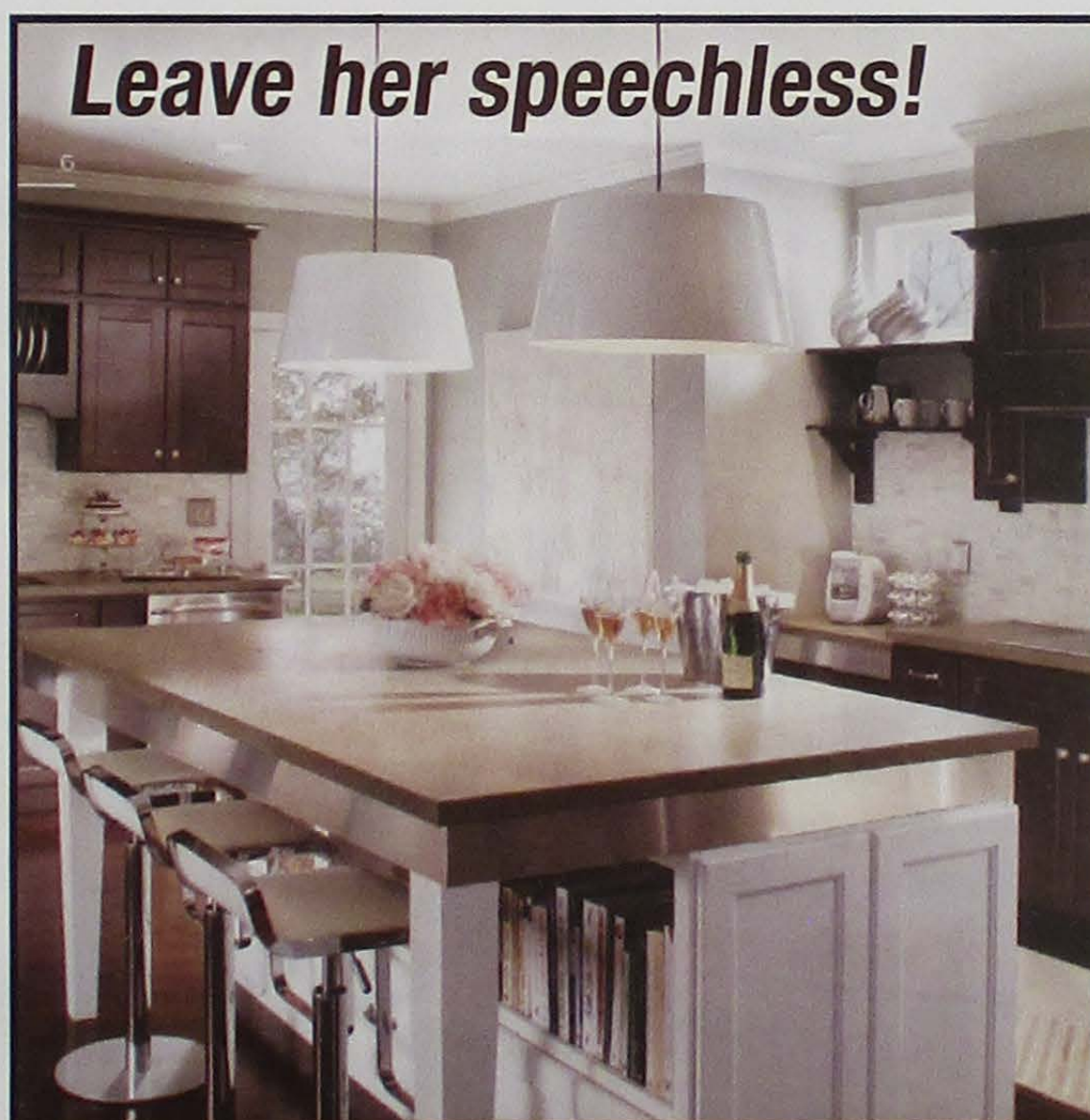
"It really clears my head so the thoughts can run freely," she said. ♦

*Debra Atkinson, M.S., C.S.C.S., is an author, speaker and fitness professional who trains the trainers. She graduated from*

*Iowa State University where she later taught for 13 years.*

*Reach her at [debra@voiceforfitness.com](mailto:debra@voiceforfitness.com).*

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## faceted woman | DAWN HOWERTON

**Name:** Dawn Howerton

**Age:** 54

**Position:** Certified pharmacy tech at Hy-Vee Drugstore

**Family:** Husband, Rick; daughter, Brandi; son, Austin; and grandkids, Aurora and Blaine

**What would you do with \$1,000 to spend on yourself?**

Fly to Switzerland to visit a dear friend who moved there after college.

**Your favorite meal:**

Homemade chicken and noodles.

**Craziest fashion you ever wore:**

Too many to choose.

**I never leave home without:**

A water bottle.

**Your favorite motto:**

If you can't say something nice, say it with sarcasm.

**What makes you happy?**

Seeing my family happy.

**What makes you feel confident?**

Kickboxing classes!

**What makes you laugh?**

My 3-year-old granddaughter comes up with some really cute thoughts that make me laugh. Such a great perspective at that age.

**What have you accomplished that has made you proud?**

Maybe going through a cancer diagnosis with a positive attitude and rebounding from that shock.

**Do you believe in New Year's resolutions? Do you have one this year?**

I do. I decided to take care of me.

**Best tip to look and feel great:**

I began an eight-week challenge last fall at Goals in Motion and was able to shed some pounds and gain some muscle. I have more energy to enjoy the workday and especially the time off from work.

**How do you take care of yourself financially?**

Well, I am a garage-sale-aholic.



Photo courtesy of Dawn Howerton  
Dawn Howerton is a certified pharmacy tech at Hy-Vee Drugstore.

**If you could do or be anything you want, what would it be?**

I would like to be retired today and spend all day at the beach or in the mountains.

**If you knew then what you know now, what would you have done differently?**

I would play more with my kids when they were little and worry less about housework. Also, I would have rid myself of toxic relationships early on, realizing now how much energy I wasted trying too hard.

**How do you reward yourself?**

Ice cream and chocolate.

**My idea of a nightmare job:**

A plumber.

**My simplest pleasure:**

A ride on my bicycle with a friend.

**I crave:**

Warm weather, all year long.

**I secretly love:**

I can't think of a single thing that is secret.

**When I am an old lady:**

I hope I am not grumpy and will enjoy the younger generations.

**I am thankful for:**

Rick, my husband of 31 years.

**Favorite wardrobe staple:**

Alegria shoes. ♦



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